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CANEX 1 July - 31 August 2013

INSIDE This Issue



Shilo collects goods for Humane Society. Page 5



Camp Blackhorse hosts Canadian soldiers. Page 6



Base Commander thanks Shilo for clean-up. Page 7.

Gravel no more: Asphalt hits 340 this fall



Photo by Jillian Driessen

An LSVW navigates through the construction on PR 340. Large holes and soft spots are to be packed with dirt by road crews.

Jillian Driessen
Shilo Stag

A road once littered with potholes, loose gravel, and lined with "uneven surface" signage will soon become Western Manitoba's newest stretch of smooth, black, asphalt.

The 3.2 million dollar paving of Provincial Road 340 between Shilo and Wawanesa is now officially underway.

"We are very pleased to see this project underway. This is important to the residents of Wawanesa who serve and work on the Base," says Bruce Gullet, the Village of Wawanesa's mayor.

"With the paving of PR 340 and our new day care, we expect to see an increased interest from Shilo."

Announced mid-July, the project is expected to be completed,

weather permitting, by the end of September.

Infrastructure and Transportation Minister, Steve Ashton, cites the paving of the 9.1 km stretch as a means to improve traffic flow and the safety of all motorists.

The numerous Shilo-based soldiers and civilian employees who call Wawanesa home are finding themselves breathing a sigh of relief.

Christine Helgason, a long-time Wawanesa resident and MFRC staffer, has been waiting for this project's kick off for many years.

"I've been in Wawanesa since 2001. That's a minimum of two trips on the gravel daily," explains Helgason.

"Every so often, there would be a petition to sign that was sent to the legislature in Winnipeg with no response. Every so

See **Delays** page 2

Stop by and sign your children up for the many extracurricular activities that will be represented!

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Delays in exchange for asphalt more than welcome

From the front

often, there would be a car counter across the road - but no resulting action."

For Helgason and many other Wawanesa residents, the paving of PR 340 is long overdue.

Several accidents have taken place on the unpaved path to Wawanesa. Markers, flowers, and crosses can be found at intersections and points along the way. They serve as a stark reminder of the uncertainty of the gravel road.

Helgason is one of many who make the commute from Wawanesa on a daily basis, an increasingly risky trip in the winter months.

Outside of safety concerns, motorists utilizing PR 340 often find their vehicles subject to extensive damage courtesy of the rough terrain.

Helgason replaces struts every two years, her windshield every three, and her tires far more often than normal.



The first of many "uneven surface" signs.

Occasional motorists are also subject to damage from flying rocks and thick, loose, gravel.

With extensive work to be done, the first step is to repair the massive holes and softer spots of the nearly 10 km stretch, which as of print, is well-underway.

With a push to complete the project by autumn's end, and uncooperative prairie weather, the road crews may find themselves working under pressure.

The road crew, thus far, has reported commuters to be friendly and grateful for the the project to finally be un-

derway.

Many even take advantage of the time stopped by the construction to ask questions about the work being done.

With road crews expected to be present for the remainder of summer, a reminder to motorists to take the extra time needed to travel the expanse stretch of construction.

Fines for speeding are significantly greater within designated construction areas.

Ten kilometres above the posted limit is accompanied by a fine of \$260 and 20 kilometres above the posted limit has a fine of \$470. Points lost on your license range from 2 to 5 points

depending on the nature of the offence.

Helgason says she doesn't mind the delays in exchange for a better commute.

"The temporary delays because of the construction are far outweighed by the future advantages of having less vehicle repairs due to damage caused from the road conditions, increased safety, and better fuel economy," she said.

"As well, for the town of Wawanesa and other communities South of Shilo, the pavement will increase tourism, bolster the economy and hopefully make it more appealing to home buyers. So, even though having to leave for work earlier can be frustrating, the benefits are well worth it!"

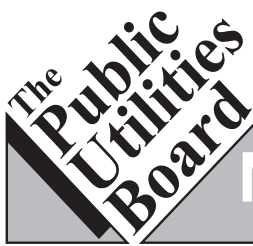
"I won't really miss the mud bogging, dodging pot holes and having my teeth rattle from the wash board!" she added.

For those seeking updates or additional information regarding the paving of PR 340, updates can be found at www.mb511.ca, by dialing 511, or on Twitter at @MBGovRoads.



Point of contention: the point where the smooth pavement abruptly turns to dilapidated gravel road.

Photos by Jillian Driessen



Notice of Public Hearing

NOTICE OF TRIENNIAL REVIEW OF ALLOWABLE FEES FOR CASHING GOVERNMENT CHEQUES

PURSUANT to amendments made to *The Consumer Protection Amendment Act (Government Cheque Cashing Fees)*, S.M. 2006 c.17 the Public Utilities Board (Board) conducted public hearings in 2006 and 2007 towards determining maximum amounts to be charged, required, or accepted as a cheque cashing fee for cheques issued by the federal and provincial governments, local government bodies, and government agencies as designated by regulation. On May 28, 2007, the Board issued its decision (Order 72/07), which is available for viewing on the Board's website, www.pub.gov.mb.ca.

The Act requires that

169(5) The board must review its existing orders under this section at least once every three years. After the review, the board must make a new order that replaces the existing orders.

Such a review was undertaken in 2010 and Board Order 51/10 was issued.

The Board has now begun the process of conducting the required triennial review and seeks input from any and all interested parties.

Submissions are to be made in writing to the Public Utilities Board, a) by mail to the Board at 4th Floor 330 Portage Ave., Winnipeg MB R3C 0C4, or b) by email to publicutilities@gov.mb.ca. Submissions must be received by the Board on or before September 5, 2013.

Following review of submissions received, the Board will determine whether there is a need for an oral hearing. If not deemed necessary, the Board will deliberate on the fee schedule, taking into account all comments submitted. If a public hearing is deemed to be necessary by the Board, it will begin September 10, 2013, and, in that event, interested parties will be notified and provided with procedural information ahead of the hearing date.

Procedure

The Board's Rules of Practice and Procedure apply, and are available on the Board's website and either upon request to the Secretary of the Board (at 400-330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4) or by calling at 204-945-2638 or 1-866-854-3698 (toll free). The Board's email address is publicutilities@gov.mb.ca.

Hollis Singh
Secretary, Public Utilities Board



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Brandon Sea Cadet roams the coast in summer training

Stag Special

Comox, BC –Sarah King returned home to Brandon after spending three weeks completing the Basic Drill & Ceremonial Course aboard Her Majesty's Canadian Ship QUADRA, Cadet Summer Training Centre.

Sarah, an active member of the Royal Canadian Sea Cadet Corps SWIFTSURE, spent three weeks learning to do various forms of marching drill; such as Flag drill, Rifle drill, and her favourite: the Naval Field Gun drill.

The Naval Field Gun is over 100 years old and was last used in service during the Boer War.

"I loved it! I made friends from across Canada, it was all free, and I even got paid to go!" said King, a tenth grade student Vincent Massey.

"My favourite was working as a team to make it through the Confidence Course, and then doing the Abandon Ship Drill where we would jump off the

jetty into the ocean."

Next year she looks forward to taking the six-week Drill & Ceremonial Instructor Course.

Royal Canadian Sea Cadets (RCSCC) is a national youth program sponsored by the Department of National Defence and the Navy League of Canada. The program is offered to all youth in Canada aged 12-18 and is provided at zero cost to families. Adults interested in volunteering or youth interested in joining, are encouraged to contact RCSCC SWIFTSURE's Commanding Officer, Lt(N) Debbie McArthur at 60sea@cadets.gc.ca

At right: Sarah King (right) is at the ready to fire the Century-old Ceremonial Naval Field Gun with her team of Sea Cadets from across Canada.

Photo by Lt(N) Carson Stoney.



Base Command team coin recipients

The following received the Base Command team coin from BCom LCol Richard Goodyear during an ASU Shilo parade (l-r) Sonya Kampe, MS O'Leary, Sgt Woodman, Clay Baumung and Linda Beauchemin. Photos by Jules Xavier

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The Shilo Stag is produced every second Thursday.

Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX or via Inter-base mail.

Submitting articles and photos for print:

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned 300 dpi), digital images or in hard copy format.
- With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.

• • •

Follow the Shilo Stag on
Facebook by visiting:<http://www.facebook.com/ShiloSTAG>**Slither friend**

A soldier involved in an UXO sweep of the Base ranges found a green snake while taking a break. The small reptile is a bright green, perfect for blending in with its surroundings.

Photo by Jules Xavier

Create a theme list for your summer hiatus

Renée Maillet MFRC

What's on your adventure list this summer?

Perhaps some biking, boating, canoeing, kayaking, camping, tennis or a few road trips to summer fairs and festivals?

How about developing a new hobby with gardening, watercolours, photography or even bird watching?

Perhaps your plan is to simply sit back in a hammock under a shade tree reading every book in your favourite series?

Whatever the case, we all know our incredible Prairie summers slip by much too fast.

It's all too easy to fill our time with work, chores, the kids' sports camps, and brain-draining screen time.

Instead, a great idea is to create a mindful summer self-care plan and then put it to paper for all to see.

Creating a plan gives you the opportunity to brainstorm a little; to really think about activities that give you true pleasure, nourishing your body, mind and spirit.

Not sure where to start?

Take a piece of paper, and start writing down all the things you wish you had time to do, activities you thought you might like to try; write down all your interests and passions, big or small.

This is something the whole family can do together, or you can do just for you.

No matter what, just to be sure you fit in that spe-

cial self-care time this summer. Flip through your favourite magazines to get inspired.

For instance, I've created a "theme" for summer 2013. That theme is "fresh," and here's a snippet of what's on my list:

- Cherish nature (mosquitoes, ticks and all) — Go camping, sit next to a bonfire, make s'mores, float in a lake, sip in lots of fresh air, relax next to a waterfall, create flower bouquets from my garden, and spend a late night tracking falling stars.

- Golf — Try at least one new course each month. Believe me, I'm just a whack and hacker, but the stress release when I really connect with that tiny white ball on every third or fourth hole is incredible.

- Produce — Feast on garden-fresh veggies and fruits from the local farmers markets, community gardening programs, and my own container gardens. Search the many berry picking farms in our vicinity for fresh strawberries, blueberries, and raspberries, then enjoy the sweet rewards.

Lastly, and perhaps most important, focus on not taking life so seriously ... make time to "smell the roses" and all that jazz.

You too can pick a theme.

Think of all the things that bring a smile to your face and leaves you feeling good.

Then plan your activities around that theme.

So, what are you waiting for? Get your pen and paper, and start dreaming.

What activities will nourish your body, mind and spirit this summer?

Renée Maillet is the Shilo MFRC's PSI co-ordinator

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Successful introductory 'drop-box' is two paws up

Jillian Driessen
Shilo Stag

Every donation makes a difference.

The collection of pet food, sheets, cleaning supplies, treats, and pet accessories donated by the community to the CANEX collection bin will assuredly go a long way.

The successful drop box, which was the brain child of project co-ordinator Mesha Richard, culminated in several car loads of donated items brought to the Brandon Humane Society.

"The Humane Society had set up an information table in the CANEX before, but they'd never done a collection bin," says Richard.

Having previously seen the success of drop boxes in other communities and the success of other donation bins in the CANEX, Richard brought the idea to the Brandon Humane Society.

They accepted her offer to spearhead the project without hesitation.

"It started off slow, but has done really well. Hopefully next time it will do well," says Richard of the drop box's success.

"It is posting season and it is block summer leave, right now. A lot of people are gone."

Richard plans to set-up in the CANEX once again in autumn and hopes to see increased success the second time around.

"Even if the box brings in 4 or 5 car loads each time, it makes a big difference. Nothing is wasted. The Humane Society here is connected with a rescue up north. If a donation doesn't meet the criteria here, it goes there," she explains.

Richard is one of many volunteers at the Brandon Humane Society. The no-kill shelter, which is primarily operated by volunteers, is located just outside of Brandon on 17th St. East.

More often than not, the shelter is filled to capacity with animals waiting for a forever home.

The situation is seemingly glum to an outsider. Thoughts of sad puppy eyes peering up at you from behind wired cages often come to mind when thinking of animal shelters.

Richard says this is not the case at the Brandon Humane Society.

"They cycle the animals through different rooms and outside. They want them to be loose and social as often as possible," she says.

"When you get there you see that 99% of the people are volunteers and the animals have so much freedom. You leave with such a good feeling. You don't expect it when you see this big grey building from the road, but when you walk in you're greeted by all these happy, smiling puppy faces."

Some faces are staples at the shelter. For some animals, the Brandon Humane Society is the only home they know. Some have been there several years.

The shelter offers outdoor areas for dogs and a special outdoor "Catio" for its feline residents.

The Brandon Humane Society is always looking for and accepting new volunteers.

"Anybody that's willing to volunteer is welcome. You don't have to commit to a schedule. You just have to call and they will make it happen. They will make sure a senior person is there to help you."

"They will take as many volunteers as they can get.

They want the animals to be socialized and to have connections with new people," explains Ricahrd.

"They need people to do anything. You can walk dogs, play with the animals, or clean kennels."

For those who unable to donate time at the shelter, there are many other ways to help. Donating supplies, food, or money and adopting from the shelter are popular options as well.

Richard also suggests simply spreading the word that the Brandon Humane Society exists and is a no-kill facility.

"They rely so much on volunteers. When their main priority is the animals, their publicity takes a hit."

The experience for Richard, as is the case with many volunteers, has been rewarding.

"When you're there, you see each animal has a different personality," she explains.

"There was this one dog who never even made eye contact with people before. The last time we were there and he licked my hand!"

With a second drop box plotted for this fall, the BHS is also hoping to set-up an information table in Shilo in the coming months. They hope to offer information of volunteering, donation, and adoption to the community.

For those who are interested in joining the team of numerous volunteers at the Brandon Humane Society, contact Miranda or Tracey at 204-728-1333.



Project co-ordinator Mesha Richard poses with the last of Shilo's gracious donations. This bin was filled several times over the course of the project. In lieu of donating her time at the rescue, Richard brought Shilo's donations to the Brandon Human Society in her spare time.

Photo by Jules Xavier



One of many dogs available for adoption at the Brandon Humane Society enjoys some sunshine.

Photo by Mesha Richard



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Camp Blackhorse Canadians train through Ramadan

LCol Randy Moon
Stag Special

The majority of Op ATTENTION Roto 3 personnel have been on the ground here in Kabul for approximately one month and are settling into the mission.

The Canadian contingent is spread across a number of different camps in the Kabul area and is doing a range of jobs — from the ministerial level right down to the individual soldier level.

Camp Blackhorse is one of the larger NATO training mission sites in Afghanistan. The camp is located approximately 17 kilometres east of Kabul.

We provide mentoring support and advice to the Afghan National Army's (ANA) Kabul Military Training Centre (KMTC) and the Consolidated Fielding Centre (CFC).

Our coalition contingent is some 350 strong and is composed of soldiers from America, Britain, Canada, Croatia, Romania, and Turkey.

Canada is by far the largest nation in our camp, with the majority of soldiers drawn from CFB Shilo and CFB Edmonton-based units.

The pointy ends of our structure are the four Training and Mentoring Teams (TMT). On a daily basis, these teams work side by side with ANA leaders and soldiers to help them improve their skills both in the individual and collective training realms.

There is also a Headquarters Advisory Group (HAG) which is responsible for mentoring the permanent senior leadership staffs of KMTC and CFC.

Our work is challenging, but the results are tangible.

It is very rewarding to see a kandak (ANA word for battalion) formed, equipped and trained from scratch on the graduation parade some 10 weeks later.

As we are now in the month of Ramadan, the ANA start training earlier in the morning, but are finished training by noon in order to conserve their energy as they do not eat or drink during daylight hours.

While this Mus-



ANA soldiers learning mortar drills at Camp Blackhorse.

lim religious holiday does pose some training challenges, it also gives the coalition soldiers the opportunity to catch up on some of their own continuation training — first aid, weapons handling, etc — during the down times.

There is only one type of weather now — hot, dry and dusty in the daytime, but somewhat cooler at night.

Camp Blackhorse has been around for a number of

years, so amenities on the camp are good.

We have a great gym and the food is quite passable.

The set seven-day menu is starting to get repetitive, but there are always lots of choices. It is nice to not have to have to cook or do dishes.

I sense the spouses back in Canada do not share our pain.

As this is Canada's final mission in Afghanistan, our contingent will be in charge of closing the mission out.

A large number of our soldiers will start returning home in the coming months and only a handful will remain until early March 2014.

We are confident that after we depart, the Afghan National Security Forces will be a very strong and competent institution.

LCol Randy Moon is Chief of Staff with KMTC/CFC



ANA Kandak practicing medevac drills at Camp Blackhorse.



ANA soldiers graduate from driver training at Camp Blackhorse. Attending the graduation ceremony were three CFB Shilo-based soldiers (left to right): Maj Ethelston, Maj Anderson and MWO Pickard.

BComd offers heartfelt 'thanks' for storm clean up

LCol Stephen Joudrey
Stag Special

Within a short time of taking over as the Base Commander, I was out of the province on relocation leave and the Shilo area was hit with the second major wind storm of the summer on the night of July 18.

Midway through the following day, I was struck by two feelings: A sense of guilt for not being here; and a sense of pride.

The pride came from the hourly SitReps appearing on my BlackBerry that spoke of entire organizations, units and specific individuals who were going out of their way to assist, support, conduct and organize aspects of the Base-wide clean up.

While it is impossible for me to thank all those folks who played roles during the days that followed, I would still like to take a moment to thank specific groups and people who were lauded for their respective efforts.

From the Guns I note that C and Z Bty soldiers came out in force and helped pick up and remove debris in and around the RHUs. This assisted CFHA staff directly in their efforts to provide support to the military families in the "PMQ Patch."

Many soldiers on leave from each of the units across the Base worked with members of the Shilo Country Club to clear up the damage to the golf course. These efforts led directly to its return to service the following day.

Base CE personnel were out immediately cutting up fallen trees, removing branches and repairing up-

rooted trees.

The Base G3 Branch was instrumental in providing additional equipment and reprioritizing SPV and work schedules so the effects of the windstorm on operations and recreational programs were mitigated.

The PSP staff worked tirelessly to ensure that facilities, fields and trails were functional for morning PT.

It is always dangerous to single out specific people for their efforts as one will no doubt miss many others; however, I would like to acknowledge the support and efforts of three gentlemen.

Max Bratzke and his team from Base CE worked throughout the ensuing weekend to have the ball diamonds ready for the start of the prairie regional slo-pitch championships which CFB Shilo was hosting the following week.

Dave Scinocca — the golf club's professional — and his staff worked some long hours to have the 18-hole course ready for a major tournament the following day.

Rick Snyder — from Rick's — provided food at cost for the workers, while Dave provided the drinks free of charge.

I suspect I have failed miserably at providing the appropriate level of credit to all those who were involved in the efforts throughout the day back on July 19. For all of those who went out of their way to help after the windstorm, I offer my sincere "thanks."

Efforts such as yours are a large part of why the Shilo community is so strong.



*"I was struck by two feelings:
A sense of guilt for not being here; and a sense of pride."
-LCol Stephen Joudrey*



Photos by Jules Xavier

A wickedly destructive wind-storm July 18 destroyed several trees, as well as damaged several homes, vehicles, and out-buildings. The storm brought strong winds and torrential downpour to Shilo and surrounding area and lasted less than 20 minutes. Several homes were left with damaged roofs, windows, and downed power lines. The following day, July 19, saw 1RCHA's C and Z batteries out in full force assisting with the clean-up of the residential housing area as well as several volunteers assisting with the restoration of the golf course.

Shotgun Jonny has a blast reffing derby

Jillian Driessen
Shilo Stag

Most know him as Cpl Jonathan Geisel, but on the roller derby track he's better known as Shotgun Jonny.

Acting as a referee for the Wheat City Roller Derby League, Geisel volunteers his time for practises and bouts throughout the year.

Refereeing women's roller derby is no easy task — especially for a ref who has never played.

Learning the rules and nuances of the game takes time.

"I've been doing this for a year. I am just starting to get comfortable with the calls I am making," Geisel admits. "There is so much you have to see to make a call. There is a big, long process for your brain to see it and process what happened."

Shotgun Jonny doesn't find himself alone on the track. Generally there are multiple referees to ensure every angle of the game is covered.

"There are 10 girls on the track and there are seven refs reffing. There is so much going on that you can't catch all the calls on track," explains Geisel.

He says with the evolution of the sport comes regular rule changes — some of which are strict changes to the penalty system.

In the past, four minor penalties equated a major penalty which resulted in a player being removed from the game.

Today, the definition for several "minor" infractions, such as elbowing, have been changed to major infractions.

"Not only is it a huge transition for refs, but it is a huge difference for players. They used to be able to get away with a little bit, but that has changed," he says.

Geisel says the resurgence of roller derby has



Jonathan Geisel, also known as Shotgun Jonny, in action at a Wheat City Roller Derby League bout.

Photo by Jillian Driessen

changed the sport on roller skates to a game of skill and wits.

"The game is strategy. It is not the 1970s fake roller derby. It is an actual sport," he says.

With the popularity of roller derby, there are more opportunities for people to be involved and educated on the sport.

Referees are offered clinics to improve their skills; junior roller derby leagues have popped up; and children's skate programs are becoming more popular and easily available.

Although it is gaining in popularity, many people still lack knowledge of the

bettering the game alongside the many players.

"A lot of guys have hockey, or rugby, or they go out and play golf in the summer," says Geisel. "You make the time for things you love to do. It takes up a lot of time during the week, but it is something for me to do to stay fit and active and stay part of the community as well."

basic rules of roller derby.

The Wheat City Roller Derby League has started to place rules, definitions, and referee hand signals in their programs to help their adoring fans better understand the game as it progresses.

"Once you know how the points are scored, and how the tactics work, the game is much easier to watch," explains Geisel.

Refereeing roller derby is a substantial time commitment and, unlike other sports, whose referees are compensated financially, Geisel and his fellow officials receive no payment.

They donate their time to officiate, attend clinics, practises, and training with no compensation. They have a simple goal of



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Motorcyclists hit the road for MP Fund for Blind Children

Shilo Stag

Military Police, volunteers, and civilian supporters of our troops are once again gearing up for the fifth annual Military Police National Motorcycle Relay Ride, which is due to hit the open road Aug. 2 from Newfoundland.

Late last month, Maj Bob Edwards — the 2012 Ontario ride captain, accompanied by other riders — presented a \$75,000 cheque to the Children's Wish Foundation and the Military Police Fund for Blind Children.

These funds were raised during last year's coast-to-coast ride, which set a new record for the ride's fundraising initiatives.

"We are extremely proud of the significant contribution made by the [motorcycle relay ride] to the Military Police Fund for Blind Children," said LCol Gilles Sansterre, chairperson of the fund. "The lives of many visually impaired children across this country are enriched by this generous donation."

The ride is the longest annual motorcycle relay in the world, with our national riders covering in excess of 10,000 kilometres during the event.

The relay ride kicks off on "The Rock" where motorcycle enthusiasts will roll their throttles out of St. John's, and will visit all of the major military establishments across Canada, including CFB Shilo, arriving in beautiful Victoria, BC Aug. 25.

Courageous riders will also venture south from the frigid conditions of the Northwest Territories for the second year in a row, riding a whopping 3,459 kilometres.

Since relay motorcycle riders rolled out of St. John's for the first ride in 2009, more than \$170,000 has been raised for numerous charities.

This year, funds raised will support the Military Police Fund for Blind Children nationwide and the Children's Wish Foundation in select provinces.

Lamont French, the relay ride's national chairperson, has been involved in the ride since its initial launch in 2009 and is very passionate about fundraising for kids.

"The privilege of paying it forward to children is an honour," he said.

All motorcycle enthusiasts are welcome to participate, whether it is as a national, provincial or local rider.

For more information on the ride, how to register, become a sponsor, donate, or participate in our online auctions, visit www.mppnmrr.ca.

For more information on the charities the relay ride represents, visit www.mpfbc.com and www.childrenswish.ca.

Military Police warn Shilo: Be wary of pyramid schemes

CANADIAN MP The Military Police NOTEBOOK

Want to learn more about the Military Police, crime in your community, or just ask a question to us in person?

If so, mark Aug. 22 on your calendar.

We will be hosting a Military Police Dialogue meeting at the Shilo MFRC

community room starting at 6:30 p.m.

The aim of this meeting is to share the role of the Military Police, outline crime trends and statistics for our community, and also to answer questions you have about policing in general.

There will be refreshments and snacks available, and free childcare for the duration of the meeting.

To take advantage of the free childcare you must contact the Shilo MFRC by noon Aug. 19. Call 204-765-

3000 ext 3352.

In the Aug. 29 issue of the Stag, we will share questions and answers from the presentation. However, we do encourage you to attend.

• • •

Do you own a home-based business?

These are very popular in Shilo, with home-based businesses typically based on some form of social — or multi-level — marketing, where the seller goes to friends and acquaintances to provide a product.

There are a myriad of well-run home-based businesses on this Base, however, caution must be taken when starting a home-based business.

Before entering into a home-based business it is very important that you research the company, and ensure it is a legitimate enterprise. Home-based businesses are fraught with opportunities for fraud, and can be the target of those looking to create “pyramid schemes.”

If the company wants money from you before you get money from the company the opportunity may well not be legitimate. Also, check the company’s website to see if it is focused on selling a product, or simply recruiting more “sellers.”

Finding and being successful with a home-based

business can be very rewarding.

Remember when advertising to include details on what a company is, what is being sold, and what the point of contact is for consumers, or recruits if you are looking for individuals to join your venture.

Those operating and starting home-based businesses must register with the Canadian Forces Housing Agency (CFHA) and CFB Shilo G1 office. This is done by way of a letter to CFHA, who will forward the request to the G1 for final consideration.

Home-based businesses are prohibited from:

- bothering the neighbours;
- offer unfair competition to local businesses;
- lead to any changes or excessive maintenance to the Residential Housing Unit (RHU);
- present a health hazard;
- post advertising signs outdoors or in the windows of the RHU; and
- soliciting door-to-door in the RHA.

Capt Dane Nicholson is the Platoon Commander 1 Military Police Regiment at CFB Shilo.



ASU SHILO Queen's Diamond Jubilee Medal



BComd LCol Richard Goodyear presented 28 Queen's Diamond Jubilee medals. The following were in focus with the Stag following a Base parade: Top (l-r) WO Dixon, WO Hoddinott, Sgt Maher, Sgt Kooistra, Myrna Lane, PO2 Hartling; middle (l-r) Cpl Ruddy, Capt Judge, MWO Halcro, MWO Brassington, Cpl LeBel, Cpl Pyke; bottom (l-r) Cpl Pearson, Sgt Koronko, Sgt MacKegan, WO Simpson.

Photos by Jules Xavier

Soldiers stories to be printed in culmination of year-long project

Melanie Graham
Stag Special

A year ago a group of volunteers launched a project called Afghanistan: A Soldier's Story.

The objective was to collect the human stories and images of those who served — military, civilian and media — to compile them in a legacy album to share with Canadians.

Publication is planned for November 2014.

I would like to take this opportunity to extend a special thanks to Don MacKinnon, president of the Power Workers' Union (PWU), and all the PWU members, for their generous donation.

This is the same organization which was the principal supporter of the documentary series The Veterans (visit <http://vimeo.com/channels/theveterans>).

MacKinnon, by the way, was awarded the CF Meritorious Service Medallion by the CDS for his outstanding support of Canada's veterans and the serving men and women in the CF.

Another thanks goes out to Col (retired) Andrew Nellestyn. He has been relentless over the summer putting out calls for personal stories to a number of CF associated web sites and organizations.

He has also been instrumental in raising project awareness with Canadian leadership in the military, political, corporate, and academic communities.

MGen Vance has accepted our invitation to serve as the CF project champion and agreed to write an afterward for the book.

Gen Walter Natynczyk has written an introduction for the book while military historian, Dr. Jack Granatstein, has agreed to write a historical introduction.

In addition the Prime Minister, the Minister of Veterans Affairs Canada and the Royal Canadian Legion have agreed to provide message(s) and/or content.



Pte Jarred Braybrook, in early May 2010, on guard watch at Outpost Nightmare, Route Nightmare, in Panjaw'i, Afghanistan.

Photo by Cpl James Hudson

Since the inception of this project, as far back as the summer of 2010, there have been many who assured us they would share their stories and images.

We look forward to receiving these promised submissions but want to remind you that while the deadline is May 2014, it would be nice to see content come in sooner than that.

Otherwise our volunteer editors will be overwhelmed with a flood of promised content just before publication.

There has also been a good deal of enthusiasm for the project among CF members, coupled with a peculiar reluctance.

Many appear to struggle with the idea, suggesting their stories are either not worth sharing, or too colourful or covert to share.

I ask you to think again. The stories we seek are not the grand stories. They are the human stories, the moments that stand out like a bright moment, perhaps complete with distinctive sounds and smells, burned in the back of your mind.

Perhaps they are not all upbeat, happy or funny stories. Some may be angry, some sad, some terrified.

All, however, represent the human face of a Canadian experience that captured the hearts of Canadians for a time and has been defining and even transforming for our military.

An experience that,

though it continues with nearly 1,000 Canadian soldiers still serving in Afghanistan, has already begun to fade from public and political relevance.

Before you shrug and discount this as the norm in Canada, I'd like you to consider the importance of sharing your experiences in a story rather than leaving the responsibility for recording Canada's involvement in the Afghan conflict to the journalists and historians.

Storytelling is a traditional and even ancient means of passing on wisdom and culture, not just a chronicling of key events.

Historically, it has been how subsequent generations were inspired and informed, not just with skills and

knowledge, but with values and ideals, and a sense of belonging to something greater than themselves.

Today, we rely on formalized education along with movies and television to provide the models that will shape our youth, and our leaders of the future.

Far too many of us, as a result, have lost the individual art of storytelling.

Your stories, simple and unimportant though they might seem to you, are very important.

When you share your experiences through storytelling, you are contributing to a powerful individual exchange, and an accumulation and consolidation of priceless knowledge beyond what is formalized in manuals and history books.

Your shared narrative builds trust and understanding with your communities and with those who will come to serve after you.

Your stories will also help to perpetuate a standard of professional excellence that has, more often than not, been the hallmark of those who have served Canada in the profession of arms before you.

If you have a story, an image, or a video clip from your Afghan experience to share, or if you know someone else with an experience to share, direct them to contact@afghanistancanadianstory.ca or to consult@mywrdrwx.com

Your stories and photos are more important than you may realize.

Visit our websites:

- www.afghanistancanadianstory.ca
- Facebook www.facebook.com/Canadian.Afghanistan.Combat.Mission?ref=hl
- Flickr www.flickr.com/groups/canafghanstory/ Melanie Graham is Lt (N) DND PAO retired

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DISCOUNTS, DOOR CRASHER SPECIALS & HOURLY DOOR PRIZE GIVEAWAYS!

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Shilo Stag

Killing time on the links: Shilo Country Club a hive of activity

Shilo Stag

Have a new set of golf clubs you've not had a chance to use yet?

If so, why not check out a few events planned for golf enthusiasts at the nearby Shilo Country Club.

Golf course general manager Scott Ramsay has the Aug. 18 two-person scramble which benefits the Special Olympics.

For just \$45, you can golf the scenic 18-hole course, munch on a breakfast sub prior to the 9:30 a.m. shotgun start, and once off of the links, dig into a barbecue steak dinner.

Looking ahead to September, there's the three-day Westman Invitational which starts Sept. 13.

Cost is \$90, and the Friday event is a nine-hole, two-person scramble. Once your duet is done, fill your belly at the pizza buffet.

The following day, golfers play 18 holes and cap the day off with a barbecue steak dinner.

The final day of golfing action is another round of 18 holes. Plenty of prizes to be won.

"That type of golf value is hard to beat these days," said Ramsay.

Meanwhile, the last day of Intersection golf league play will be held Sept. 4 with a noon start. The wind-up is a four-person scramble.

For information on this event, contact Danny Hamilton at 3894.



The Shilo Country Club has seen action all season. Having hosted the Prairie Regional Golf Tournament as well as the Base Commander's Golf Tournament, the links have seen many of Shilo's finest golfers in action. Despite sustaining severe damage in July 18's wind storm, the country club is open and ready for action.
Photo by Jillian Driessen

Shilo Theatre
(Located in the General Strange Hall)

Aug. 16 Wall E, Rated G - 6:30 p.m.
Aug. 23 Star Trek Into the Darkness, Rated PG - 6:30 p.m.
Aug. 30 Up, Rated G, 6:30 p.m.

Children aged 10 and younger require adult supervision at all times

Doors open 15 minutes prior to movie start time
For more info, contact the community recreation office at 204-765-3000 ext 3317/3588

GSH Bowling Alley

Open bowling for all ages
Wednesday 6 to 8 p.m.
Saturday 2 to 4 p.m.

Adult: **\$2.25** per game
Youth: **\$2** per game
Child: **\$1.75** per game
Shoe rental: **75** cents

Prices subject to tax

Ask about Glow bowling birthday parties!



For more info call the community recreation office at **204-765-3000** ext **3317** or **3588**

CLASSIFIED ADS

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

**\$10 for first 20 words,
10¢ for each additional word**
Deadline for next issue:

August 22 at noon

Free ads (non-commercial only)
restricted to members of the
CF, employees of CFB Shilo and the
citizens of the surrounding area.

Services



St. Barbara's Protestant Chapel
Sunday @ 10:30 a.m. with Sunday school & nursery
Padre Lee - ext 3088
Padre Neil - ext 3090
Padre Olive - ext 6836
Padre Torchinsky - ext 3381

Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment
Padre Inienwe - ext 3089

We buy and sell good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

Nad's Simply Clean For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

Services

Now registering for private piano lessons (all ages) and Yamaha Group Music Lessons (2-8). B Mus/ B Ed Degrees. Certified Yamaha Instructor. RCM Exam preparation. Contact Paula for more info. 204-720-2048

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. Aug. 23, 24, 25, Brandon and Sept. 6, 7, 8 Brandon • Examinations by appointment • 204-725-1608 • E-mail: ggs57@wcgwave.ca.

Homes for Sale

Wawanesa - Well maintained 3+1 bungalow, large eat-in kitchen with double insulated & heated detached garage (22 x24). Many updates in the last two years, ideally located on large treed lot close to Waterpark. MLS # 1311181. Call Bob Daymond Sutton Harrison Realty for more info. 204-571-5918

Homes For Sale

Wawanesa - Great 3+1, 2 bath, bungalow with insulated double attached garage. Many updates including windows, bath, flooring, \$ newer siding. Two decks on very private large lot. A pleasure to show. MLS# 1315809 Call Bob Daymond Sutton Harrison Realty for more info. 204-571-5918

1978 Bondix 14 x 72 mobile home in good shape. New energy efficient windows all round. Trailer is ready to have an additional layer of siding and insulation added to bring it up to 6" R20 from 4" R12. New floor in kitchen and two small bedrooms. Patio door onto deck as well as two main doors. Entrance vestibule (10 x 12), electric forced air 20KWhr - \$173 @ current rates per month over the last 6 years. To be moved by purchaser. Price is negotiable. \$30,000. Can be seen at #18 Sprucewoods Trailer Court. Call 204-763-4051.

Lots for Sale

Wawanesa - 2 large lots 100 x 150 five miles south at Noble Lake. Enjoy privacy and everything nature has to offer. Priced at 24,900. Call Bob Daymond Sutton Harrison realty for more info. 204-571-5918

Employment

Bartender (Part-time), Wage \$10.84-12.67, Competition ends August 23, 2013. Visit cfpsa.com or contact npfhrshilo@cfpsa.com for further details.

Snack Bar Attendant (Part-time), Wage \$10.70 - \$11.65, Competition ends August 23, 2013. Visit cfpsa.com or contact npfhrshilo@cfpsa.com for further details.

Advertise with us!

To place an ad, e-mail hollysralph@gmail.com or call 765-3000 ext 3013



Shilo MFRC
Military Family Resource Centre
Centre de ressources pour les familles des militaires

Shilo MFRC Daycare
has full-time spots available!

We are a provincial licensed centre with government subsidy available.
We offer many opportunities including nature inspired experiences, adventures, science, art, special visitors and so much more!

3-5 years \$20.80 per day
School-age (6-12 years)
\$6.15 - 1 session
\$8.60 - 2 sessions
\$10.30 - 3 sessions
(Includes nutritional snacks and lunches)

For more information:
Contact Dana or Hailey
Ph: 765-3000 ext 3351
e-mail: dana.thompson@forces.gc.ca

THE RCA MUSEUM
Canada's National Artillery Museum
(204)765-3000 extension 3570
www.rcamuseum.com



Getting green

The CFB Shilo Community Garden is thriving in its most successful year to date, evolving from a wide-open grass patch to an enclosed garden with raised beds. All 20 raised plots are filled with active gardeners' plentiful crops. Here's a look at the transformation.



Photos by
Jillian Driessen

IS IT TIME TO GRADUATE?

Enrol today for full or part time in the day, evening or by distance.

Classes begin September 2013

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